

— Bridge End Alternative to —
Respite

Report



5TH AUGUST 2022

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SHETLAND COMMUNITY CONNECTIONS

Bridge End Alternative to Respite

ON THE 5TH AUGUST 2022 A BAND OF MISFITS EMBARKED ON AN ADVENTURE.

THEY GATHERED AT AN AGREED MEETING POINT AND WERE QUICKLY HAULED INTO A GETAWAY VAN AND DRIVEN TO AN UNKNOWN LOCATION IN THE DEEPEST, DARKEST HELLSCAPE OF THE SOUTHEND OF SHETLAND.

THERE, THEY WERE FORCED TO TREK THROUGH BOG AND MARSH, WITH BREATHTAKING VIEWS SURROUNDING THEM, UNTIL THEIR FEET ACHED. THEY WERE GRANTED A BRIEF MOMENT OF TRANQUILITY (AND SANDWICHES) BEFORE THEIR CAPTOR HERDED THEM ATOP A CLIFF TO BE FED TO THE WILD SEABIRDS THAT WERE NESTING THERE. THE UNRULY BUNCH WERE NO MATCH FOR THE DARING GULLS AND PUFFINS, AFTER A GRUELING BATTLE WITH FISTS AND CLAPS (*DOUBLE DOUBLE THIS AND DOUBLE DOUBLE THAT!*) THE GANG EMERGED VICTORIOUS!



BACK AT CAMP, OUR CHAMPIONS PREPARED THEMSELVES (AND PLENTY OF ROLLS) FOR A HARDY FEAST, MANY COURSES OF THE FINEST MEATS PREPARED OVER A COAL FIRE (GAS BARBEQUE), IN THE BRUTAL WIND AND RAIN, BY THREE OF SHETLAND'S BEST CHEFS. A WELL DESERVED PRIZE.



MORNING CAME AND THE TEAM AWOKE TO A CRY FOR HELP - A HOARDE OF RAGING BEASTS HAD TAKEN OVER BURRA ISLE! THE BEASTS HAIL FROM THE LAND DOWN UNDER, THAT FABLED PLACE WHERE EVERY LIVING THING SOMEHOW HOLDS A GRUDGE AGAINST YOU. OUR HEROES HURRIEDLY KNEW THAT ALL THESE ANGRY CREATURES NEEDED WAS A LITTLE BIT OF BREAKFAST, AND SO GENEROUSLY SHARED THEIR VEGGIE LEFTOVERS AND ALL WAS RIGHT WITH THE WORLD. PEACE CAME TO THE ISLE ONCE AGAIN AND OUR GALLANT SAVIOURS COULD RETURN TO THEIR OWN HOMES.



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Why alternative respite?

RESPITE:- *noun.* **Pause, suspension in activity**

Respite is for everyone. We all need a break sometimes. What would we "normally" do when we need a break? Take time off work, go away for a weekend, go on holiday, do something completely different. Sometimes respite doesn't mean doing nothing, it's not total relaxation. It can be an adventure, a change of pace. It means something different to everyone.

We want to encourage folk to try different things with their respite. We know services in Shetland are really stretched right now, we are in the midst of a care crisis. Previous respite options might not be available to everyone anymore and we are seeing more and more people hiring PAs.

So, use this as an opportunity to do respite the way it would "normally" be done. Book a stay in the wigwams, hire out a bod with your friends, book a B&B somewhere, go camping! Give yourself full control over your own respite options.

In addition to having your own choice and control, this may actually save your respite budget too if we think creatively about sharing PAs. We have costed this trip and compared it to the cost of traditional respite services, so you can see how your money can be used more creatively.

Shetland Community Connections wanted to facilitate this first try at an alternative respite, to see how it could work and to prove it possible. Hopefully, with some fine tuning, adventures like this will be possible without our input at SCC and people will have the connections available to organise respite in their own way, independently.

Bridge End Alternative to Respite

PA Testimonial

The Bridge End trip was a wonderful idea, something completely different for me and my person! Naomi* used to have respite at Newcraigielea once a week before covid, and she's been missing it. There is still limited capacity at Newcraigielea and it doesn't look like she will be going back yet for a little while. So when I saw that Shetland Community Connections were encouraging this new type of respite, I thought of Naomi straight away.

The outdoor activities was very different for us, Naomi usually prefers being indoors with plenty of cups of tea, so it was quite a nice change. I think she did struggle with the level of activity initially, but she worked really hard and had a nice time - even managing to go out for a second walk later in the evening! This was very unusual for her, and I think being with different people in a new environment really encouraged her. She was very helpful through the whole trip; during the day activities she carried the packed lunches and helped to hand them out to everyone. I made sure to give her time to make choices for herself. She chose which bed she would sleep in, when she would go to bed, she chose a film for us all to watch together and she helped prep food for everyone for dinner (and again in the morning for breakfast!)

Naomi is usually quite an anxious person when she is away from home, and during her regular respite she would call home constantly to check in, as she would worry about everyone. During this trip, she didn't call home or message any family members once! This could be due to her being kept busy, or due to the fact she felt comfortable and safe with her PA there the whole time.

I've asked her if she would do this trip again and she says she would absolutely love to. Perhaps with more input in the organising of the trip she could find an activity during the day which suits her better.

*Name changed for confidentiality

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Traditional respite costs **

Weekday: £249

Weekend: £351

So we can assume the hourly rate of: **£14.60**

Bridge End cost

(as an example to alternative respite)

Cost of hire for one night: £160

Between 8 people: **£20 per person**

Personal Assistant costs (26 hours total)

Based on average PA wages

18 hours at standard rate***: £252

8 hours at sleep-in rate****: £76

Total PA wages: £328

We also added £10 per person for the cost of food during the trip.

Totals

$$328 + (2 \times 20) + (2 \times 10) = £388$$

$$£388 / 26 = \mathbf{£14.92 \text{ per hour}}$$

** figures taken from an anonymous source

*** based on an average £14 per hour

**** based on an average £9.50 per hour

Bridge End Alternative to Respite

From these figures we can see that the Bridge End trip was slightly more expensive than traditional respite services. But take into consideration the more personalised care delivered, the freedom of choice involved and the opportunity to do more with your budget.

If saving the budget is a concern, consider how costs could be saved further by sharing a PA between 2 people, if appropriate. This could cut the hourly rate to just £8.62, still inclusive of all the other charges.

Recognise also that the cost of hiring the accommodation could be reduced further if a larger group was staying.



Shetland Community Connections set this trip up, with the aim for people to be able to organise something like this by themselves in the future if they wish.

Each person contributed to the day and night, whether that be by doing the dishes, helping to prep the food, choosing which film we would watch or keeping everyone entertained with their infectious giggle!

SCC facilitated the event but *we did not staff it* so people could bring their own PAs to support them, meaning care is delivered to each individual according to their exact needs.

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